

## How does high blood pressure affect my kidneys if I have diabetes?

High blood pressure is the other leading cause of kidney disease in people with diabetes. High blood pressure also is a result of damage from kidney disease. If you have high blood pressure, your kidneys may already be damaged. Even a small rise in blood pressure can quickly make kidney disease worse.

## What should my blood pressure be?

Your blood pressure goal should either be below 140/80 or 140/90 depending on whether you have kidney disease and how severe it is. Discuss your personal goal with your doctor.

